

West Central District Health Department Summary

Counties	Average age	Education		Race / Ethnicity		
Arthur, Grant, Hooker, Keith, Lincoln, Logan, McPherson, and Thomas	38.3 years	H.S Grad / GED or Higher	86.6%	White,non- Hispanic	93.4%	(44,377)
Total population 47,517	Median income \$35,221	College Grad	16.4%	Minority	6.6%	(3,140)

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In the West Central District, rates for the overall population were significantly worse than Nebraska rates for four indicators. The average distances from home to the closest emergency room and from home to the preferred emergency room were significantly higher than the corresponding Nebraska averages. Adults in this District were less likely to wear their seatbelts when driving or riding in a motor vehicle. They were also less likely to have received a flu shot in the past 12 months.
- Rates for men in the West Central District were similar to statewide rates for men, except that they were less likely to know the meaning of the phrase "Five-a-Day."
- Women in this District were significantly more likely than women statewide to participate in moderate or vigorous physical activity. However, they were less likely to: wear their seatbelts, have a mammogram in the past two years, get a flu shot in the past 12 months, or visit the dentist in the last year.

Health-Related Quality of Life

- Among West Central District adults, 15.9% considered their general health "fair" or "poor."
- West Central District adults reported 4.1 days in the past 30 days when their physical health as "not good."
- In this District, respondents averaged 2.7 days in the past month when their mental health was "not good."
- Poor physical or mental health prevented West Central District adults from participating in their usual activities an average of 3.8 days in the past 30 days.

Health Care Access

- Among West Central District residents aged 18 to 64 years, 15.2% reported having no health care coverage.
- Among all adults in this District, 10.7% did not have a personal doctor or health care provider and 12.3% stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Seven out of ten adults in the District (72.8%) reported visiting a doctor for a routine checkup within the past year.
- The average distance from respondents' homes to the closest emergency room (ER) was significantly larger in the West Central District (11.0 miles) than the average for Nebraska.
- In this District, the average distance to the ER at which respondents preferred to receive care was 19.5 miles—significantly farther than the average distance statewide.
- One-half of West Central District adults (50.4%) reported no problems or barriers to getting medical care, other than cost.
- Among West Central District residents who reported a problem getting medical care (other than cost), work (14.6%), long waits (22.0%), and not having insurance (18.1%) were mentioned most frequently.
- West Central District residents most often cited a doctor (48.5%) as their primary source of information on health issues or illness. Family or friends (13.1%) and the Internet (10.6%) were also mentioned frequently.

Cardiovascular Disease

- One in eleven West Central District adults (9.1%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.
- In this District, 29.0% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the West Central District were much more likely to identify cardiovascular disease (81.9%) than they were to identify stroke (43.4%) as something untreated high blood pressure can lead to.
- The majority of District respondents (73.2%) had their cholesterol level checked during the last five years.
- Among respondents who ever had their blood cholesterol level checked, 39.4% had been told it was high.
- During the past year, about one of every five West Central District adults (19.4%) was certified to perform CPR.

Diabetes

- Among West Central District residents, 6.4% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

Cancer Prevention

- Compared to women aged 40 and older statewide, a significantly lower proportion of women in the West Central District (62.0%) reported having a mammogram in the past two years.
- One-fifth of adults aged 50 or older in this District (20.3%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the West Central District (51.7%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- Among West Central adults, 13.1% had ever been told they had asthma, while 8.9% currently have this disease.

Overweight and Obesity

- Six out of ten West Central District adults (60.2%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Those with a Body Mass Index of 30 or higher were classified as “obese”—23.2% in the West Central District.

Tobacco Use

- One-fourth of West Central adults (25.9%) currently smoke cigarettes, either daily or on some days of the month.
- More than one-fourth of adults in this District (25.6%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in the West Central District, 43.2% reported trying to quit smoking during the past year.
- Nearly three-fourths of the adults in this District (73.2%) said they have rules prohibiting smoking anywhere in their homes. Among employed adults who work indoors most of the time, 88.8% stated that their workplace’s official smoking policy does not permit smoking in any work areas.

Physical Activity and Sedentary Behaviors

- One-fourth of adults in the West Central District (26.1%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 50.2% of District respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity. West Central women (58.8%) were significantly more likely than Nebraska women overall to engage in moderate or vigorous physical activity.
- More than one-half of West Central adults (52.5%) reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

Nutrition

- One-fourth of West Central respondents (24.9%) consumed fruits and vegetables the recommended five or more times per day.
- More than one-third of West Central adults (37.4%) were knowledgeable about what “Five-a-Day” means, with women (55.9%) significantly more likely than men (17.7%) to know what this phrase means. In addition, men in this District were significantly less likely than men statewide to be knowledgeable about “Five-a-Day”.
- Less than one-fifth of District respondents (17.5%) reported consuming dairy products three or more times daily.
- On average, West Central adults ate food from restaurants or fast food shops 2.2 times per week.
- One-third of respondents (34.3%) rated foods at community events in the District as “always” or “almost always” healthy. However, the majority of respondents (63.8%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- Only about one-fourth of respondents (25.4%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

Alcohol Consumption

- In the West Central District, 49.5% of adults reported consuming at least one drink of alcohol in the past 30 days.

Injury

- One in seven adults in the West Central District (14.3%) said they had fallen in the past three months. Of those who had fallen, one-third (34.5%) were injured by the fall.
- Compared to adults statewide, a significantly smaller proportion of West Central respondents (74.1%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Women in this District (78.6%) were significantly less likely than Nebraska women overall to report always or nearly always wearing their seatbelts.
- Looking at households with a child aged 5 to 15 who rode a bicycle, only 18.7% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle.

Immunization

- A significantly smaller proportion of West Central residents aged 18 and older (24.7%) got a flu vaccination during the past year, compared to the Nebraska rate. Women in this District (28.0%) were significantly less likely than Nebraska women overall to have received a flu shot in the last twelve months.

Oral Health

- Two-thirds of West Central adults (67.6%) saw a dentist or visited a dental clinic in the past year. The rate for District women (65.6%) is significantly smaller than the Nebraska rate for women.

Women’s Perceptions of Health Threats and Causes of Death

- Thirty-seven percent of women in the West Central District (37.0%) identified cancer as the leading health problem facing women today.
- Only 16.0% of women in the District consider heart disease or heart attack the leading health problem facing women today. However, 50.7% identified heart disease/attack as the leading cause of death for all women.

Social Context

- Few West Central adults (4.2%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 12.7% of West Central respondents reported it is “somewhat” or “very unsafe.”

West Central District Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	430	15.9%	Non-Sig	136	15.6%	Non-Sig	294	16.2%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	422	4.1	Non-Sig	134	3.3	Non-Sig	288	4.8	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	426	2.7	Non-Sig	134	1.8	Non-Sig	292	3.6	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	218	3.8	Non-Sig	53	2.5	Non-Sig	165	4.8	Non-Sig	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	291	15.2%	Non-Sig	96	8.9%	Non-Sig	195	21.7%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	431	10.7%	Non-Sig	136	14.9%	Non-Sig	295	6.7%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	430	12.3%	Non-Sig	136	5.9%	Non-Sig	294	18.3%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	420	72.8%	Non-Sig	133	69.5%	Non-Sig	287	75.9%	Non-Sig	No
5. Average distance in miles from home to the ER closest to home	427	11.0	Higher	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	411	19.5	Higher	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	428	50.4%	Non-Sig	133	56.1%	Non-Sig	295	45.1%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	178	1) Long Wait (22.0%)		2) No Insurance (18.1%)		3) Work (14.6%)		(Other= 16.5%)	
	Men	56	1) Long Wait (29.5%)		2) Work (19.5%)		3) Time/Distance (11.7%)		(Other= 14.5%)	
	Women	122	1) No Insurance (23.9%)		2) Long Wait (16.4%)		3) Time/Distance (12.3%)		(Other= 18.0%)	
9. Primary source for getting information on health issues or illness										
	Overall	411	1) Doctor (48.5%)		2) Family/Friends (13.1%)		3) The Internet (10.6%)		(Other= 4.8%)	
	Men	129	1) Doctor (47.4%)		2) Family/Friends (15.5%)		3) TV (10.4%)		(Other= 6.9%)	
	Women	282	1) Doctor (49.5%)		2) Newspaper (14.1%)		3) The Internet (11.9%)		(Other= 2.9%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	424	9.1%	Non-Sig	132	8.0%	Non-Sig	292	10.2%	Non-Sig	No
2. Ever told blood pressure was high	431	29.0%	Non-Sig	136	29.5%	Non-Sig	295	28.5%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	432	43.4%	Non-Sig	136	39.2%	Non-Sig	296	47.4%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	432	81.9%	Non-Sig	136	76.5%	Non-Sig	296	87.0%	Non-Sig	No
5. Had cholesterol checked during the past five years	418	73.2%	Non-Sig	132	74.9%	Non-Sig	286	71.5%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	360	39.4%	Non-Sig	117	38.8%	Non-Sig	243	40.0%	Non-Sig	No
7. Were CPR certified during the past year	429	19.4%	Non-Sig	134	23.7%	Non-Sig	295	15.4%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	432	6.4%	Non-Sig	136	4.9%	Non-Sig	296	7.8%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	229	62.0%	Lower	---
2. Among adults 50+, had a blood stool test in past two years	272	20.3%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	273	51.7%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	430	13.1%	Non-Sig	135	8.1%	Non-Sig	295	17.7%	Non-Sig	No
2. Currently has asthma	429	8.9%	Non-Sig	135	5.0%	Non-Sig	294	12.5%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	412	60.2%	Non-Sig	135	62.7%	Non-Sig	277	57.8%	Non-Sig	No
2. Obese (BMI 30+)	412	23.2%	Non-Sig	135	20.8%	Non-Sig	277	25.5%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	432	25.9%	Non-Sig	136	29.4%	Non-Sig	296	22.5%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	432	25.6%	Non-Sig	136	30.7%	Non-Sig	296	20.9%	Non-Sig	No
3. Current smokers who tried to quit during the past year	95	43.2%	Non-Sig	^	^	---	58	56.2%	Non-Sig	---
4. Smoking not allowed in home	429	73.2%	Non-Sig	133	74.7%	Non-Sig	296	71.8%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	155	88.8%	Non-Sig	^	^	---	122	89.3%	Non-Sig	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	432	26.1%	Non-Sig	136	21.4%	Non-Sig	296	30.5%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	398	50.2%	Non-Sig	126	40.9%	Non-Sig	272	58.8%	Higher	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	413	52.5%	Non-Sig	130	56.4%	Non-Sig	283	48.7%	Non-Sig	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	432	24.9%	Non-Sig	136	20.3%	Non-Sig	296	29.2%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	431	37.4%	Non-Sig	135	17.7%	Lower	296	55.9%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	432	17.5%	Non-Sig	136	19.3%	Non-Sig	296	15.8%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	425	2.2	Non-Sig	133	2.6	Non-Sig	292	1.7	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	432	34.3%	Non-Sig	136	39.7%	Non-Sig	296	29.2%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	428	63.8%	Non-Sig	135	68.6%	Non-Sig	293	59.2%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	428	25.4%	Non-Sig	135	17.6%	Non-Sig	293	32.8%	Non-Sig	No
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	432	49.5%	Non-Sig	136	53.9%	Non-Sig	296	45.4%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	430	14.3%	Non-Sig	136	13.3%	Non-Sig	294	15.3%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	66	34.5%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	432	74.1%	Lower	136	69.3%	Non-Sig	296	78.6%	Lower	No
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	74	18.7%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	432	24.7%	Lower	136	21.3%	Non-Sig	296	28.0%	Lower	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	429	67.6%	Non-Sig	135	69.7%	Non-Sig	294	65.6%	Lower	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	296	37.0%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	296	16.0%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	296	50.7%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	428	4.2%	Non-Sig	135	2.7%	Non-Sig	293	5.6%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	427	12.7%	Non-Sig	136	9.9%	Non-Sig	291	15.4%	Non-Sig	No

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

^d Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005